March 2010

March 2010							April 2010						
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7 14 21 28	1 8 15 22 29	2 9 16 23 30	3 10 17 24 31	4 11 18 25	5 12 19 26	6 13 20 27	4 11 18 25	5 12 19 26	6 13 20 27	7 14 21 28	1 8 15 22 29	2 9 16 23 30	3 10 17 24

Monday	Tuesday	Wednesday	Thursday	Friday
March 1		3	4	
12:00pm FLAVORSOME ESCALLOPED POTATOES,HAM, VEGETABLES, DESSERT, MILK	12:00pm MOUTH WATERING BBQ BEEF SANDWICH, POTATO, VEGETABLES, DESSERT, MILK	12:00pm LIP SMACKING CREAM OF POTATO SOUP, SANDWICH, DESSERT, MILK	12:00pm DELIGHTFUL HONEY MUSTARD CHICKEN, RICE, VEGETABLES, DESSERT, MILK	12:00pm FLAKY BAKED FISH, RICE PILAF, VEGETABLES, DESSERT, MILK
8	9	10	11	12
12:00pm YUMMY CHICKEN SANDWICH, SWEET POTATOE FRIES, VEGETABLES, DESSERT, MILK	12:00pm HAMBURGER GRAVY, POTATOES, VEGETABLES, DESSERT, MILK	12:00pm APPETIZING KIELBASA SPINACH DISH, DESSERT, MILK	12:00pm DELICIOUS CRANBERRY PORK, POTATOES, VEGETABLES, DESSERT, MILK	12:00pm CREAMY CHEESE BROCCOLI SOUP, SEA FOOD WRAP, DESSERT, MILK
15	18	19		
12:00pm COOKS CHOICE	12:00pm NATIVE AMERICAN CORNBREAD HAMBURGER DISH, DESSERT, MILK	12:00pm IRISH CORN BEEF & CABBAGE, DESSERT, MILK	STEW, BISCUIT, DESSERT, MILK	12:00pm LUSCIOUS CRAB LINGUINE, VEGETABLES, DESSERT, BREAD STICK, MILK
22				
12:00pm DELICIOUS SOUTHERN STYLE CHICKEN,POTATOES VEGETABLES, DESSERT, MILK	12:00pm LEAN PORK LOIN, RICE, VEGETABLES, DESSERT, MILLK	12:00pm HOME STYLE TATER TOT BAKE, ROLL, DESSERT, MILK	12:00pm RING BOLOGNA,PARSLEY BOILED POTATOES, VEGETABLES, DESSERT,MILK	12:00pm TENDER BEEF TIPS OVER NOODLES, VEGETABLES, DESSERT, MILK
29	30	31		
12:00pm SOUTHERN STYLE SAUSAGE GRAVY & BISCUIT, VEGETABLES, DESSERT, MILK	12:00pm HEARTY BEEF STROGANOFF, VEGETABLES, DESSERT, MILK	12:00pm CREAMY CHICKEN TETRAZZINI, VEGETABLES, DESSERT, MILK		
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Aging - Nutrition Site Menu 1 2/8/2010 11:46 AM